



Staying hydrated

by Amy **COVINGTON**
MS, RDN, CD

The hydration status of our bodies can lead to positive or negative health situations. Water helps to digest food, absorb nutrients, and then remove the unused waste. Dehydration can be serious and may lead to constipation, falls, confusion, weakness, and even hospitalization. Urine color can predict dehydration. The first urine in the morning should be straw or lemonade in color. If it is darker, like apple juice, you may be dehydrated.

With age, some people lose their sense of thirst or feel full more easily which can make drinking adequate fluids difficult. In spite of these age-related changes drinking enough fluids every day is essential, even during colder temperatures. Check with your doctor, however, if you've been told to limit how much you drink.

Tips for staying hydrated:

- Drink liquids throughout the day.
- Take sips of water, milk, or juice between bites during meals. But if you get full quickly drink fluids between meals.
- During cold weather choose warm drinks like tea, hot chocolate, decaf coffee, and broth.
- Drink a full glass of water when taking medication.
- Have a glass of water before and after you exercise or go outside to garden or walk, especially on hot days.
- Water is a great way to add fluids without adding extra calories.
- To jazz up water add lemon, orange, and/or lime wedges.
- Drink fat-free or low-fat milk, or other drinks without added sugars.
- Don't stop drinking liquids if you have a urinary control problem. Talk with your doctor about treatment.



Set a goal to volunteer in 2020

by Jackie **SMITH**
RSVP Program Manager

Need some help thinking of goals for the New Year? We can help with that! Davis County Retired & Senior Volunteer Program (RSVP) for those 55+ has a lot of great opportunities to match your specific needs. You could teach a class at a senior center, or help deliver a hot meal through our Meals on Wheels program. Be an advocate for residents of long-term care and assisted living facilities, or volunteer at a local hospital. We have a new opportunity to volunteer as mentors to children in elementary school through the

Super Stars Mentor Program.

If you have a hard time getting out to volunteer, we have opportunities that you can do from home. Our Friendly Caller program matches volunteers with homebound or isolated seniors. Callers are asked to contact their assigned participants once or twice a week for a 5-10 minute call. Having someone to talk to can make a huge difference in someone's life. Other at-home opportunities include making hats and scarves or writing letters to the military.

Don't have a lot of time? We have some single event volunteer opportunities coming up. On Jan. 7, we are

looking for 10-15 volunteers who are 55+. We will be helping to sort food at the Bountiful Community Food Pantry from 7-8 p.m. On Jan. 31, we need four to six volunteers to help put together gift baskets for our Operation Bundles 4 Babies Program. These baskets help the families of the 419th Air Force & Reserves.

Let us help you to keep your New Year's resolution this year. Join more than 300 RSVP volunteers who are making an impact right here in Davis County. For more information contact Jackie by calling 801-525-9094 or email at jmsmith@co.davis.ut.us

Events in January

Central Davis Senior Activity Center

81 East Center Street, Kaysville (801-444-2290)

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|---|--|
| W/F - Ceramics 12 p.m. | a.m. |
| 1 - Closed New Year's Day | 28/30 - Foot clinic (sign-up required) |
| 16 - Food pantry 12 p.m. | 29 - Closed for staff training |
| 20 - Closed in observance of Martin Luther King Jr. Day | 31 - Birthday party luncheon with entertainment 11:30 a.m. |
| 24 - Chinese New Year party 11 | |

South Davis Senior Activity Center

726 South 100 East, Bountiful (801-451-3660)

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|---|--|
| M/W/F - EnhanceFitness 8 a.m. | 21 - "Black Violin" Kingsbury Hall trip (sign-up required) |
| M/W - Bingo 12:30 p.m. | 28 - Book club 12:30 p.m. The Emancipator's Wife |
| 1 - Closed New Year's Day | 29 - Closed for staff training |
| 7/14/21 - Dementia Dialogues™ 1-3 p.m. (sign-up required) | |
| 20 - Closed in observance of Martin Luther King Jr. Day | |

North Davis Senior Activity Center

42 South State Street, Clearfield (801-525-5080)

- | | |
|--------------------------------------|---|
| M/W/F - EnhanceFitness 2:15 p.m. | - Winter Blues soup lunch 11:30 a.m. |
| T - Crochet class 12:15 p.m. | 20 - Closed in observance of Martin Luther King Jr. Day |
| 1 - Closed New Year's Day | 28 - Foot clinic (sign-up required) |
| - Shopping transportation | 29 - Closed for staff training |
| 8 - Blood pressure clinic 10:30 a.m. | |

See more at daviscountyutah.gov/seniors

Classes

Meals on Wheels driver needed

MEDICARE 101 classes offered in 2020

If you are turning 65, or planning to retire soon, please join us for a free, one-hour, Medicare information class. Topics covered are: eligibility, enrollment times, and benefit coverage options.

- **Wednesday, Jan. 8, 6:30-7:30 p.m.** – Kaysville Library (215 Fairfield Road, Kaysville)
- **Wednesday, Feb. 12, 6:30-7:30 p.m.** – Clearfield Library (562 S. 1000 E., Clearfield)
- **Wednesday, March 11, 6:30-7:30 p.m.** – Centerville Library (45 S. 400 W., Centerville)

Classes are sponsored and presented by Davis County Health Department. For more information contact Marissa Black at 801-525-5082 or by email mblack@co.davis.ut.us

by Karen **HENDERSON**
Senior Center Director

Meals on Wheels is an Older Americans Act program that provides meals to homebound seniors in Davis County. In 2018 we were able to deliver 83,870 meals thanks to reliable volunteers. We are in need of a Meals on Wheels driver to cover the Bountiful area on Fridays from 10 a.m.-12 p.m. We provide the vehicle, warm meals, and a runner who takes the food to the door. If you are interested in volunteering to drive a Meals On Wheels route, are 18 or older with a valid driver's license and auto insurance please call 801-525-5087.

Education course for caregivers on dementia

by Sheryl Knight
Davis County Senior Services

Dementia Dialogues is a course that provides information and other skills to help individuals better care for those suffering from dementia or other related diseases.

The topics include the basic facts, communication skills, keeping the environment safe, addressing challenging behaviors, and creative problem solving. The course is offered at no cost but seating is limited. Dementia Dialogues will be held on Tuesday afternoons, Jan. 7, 14 and 21 at South Davis Senior Activity Center (726 S. 100 E. Bountiful) from 1-3:30 p.m.


Call Davis County Senior Services at 801-525-5127 for more information and to reserve your seat.

Staying active and involved is key to productive aging

Have you visited a senior activity center? Similar to a city recreation or community center, senior activity centers are a place to gather for group activities, social support, meals, and community resources. We have three centers located in Davis County that are open Monday through Friday, 8 a.m.-5 p.m., excluding holidays.

- North Davis Senior Activity Center (42 South State Street, Clearfield)
- Central Davis Senior Activity Center (81 E. Center Street, Kaysville)
- South Davis Senior Activity Center (726 S. 100 E., Bountiful)

To be eligible for programs at our senior activity centers you must be 60 years of age or better, or the spouse of someone 60 years of age or better. Come and join us!



Senior Living is published by the Davis Clipper in conjunction with the Davis County Health Department's Senior Services.

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All issues of Senior Living are available at www.daviscountyutah.gov/senior_living



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